

Available Daily

Sandwiches Available Everyday:

Peanut Butter & Jelly
Turkey & Cheese
Ham & Cheese
(on Whole Wheat Bread)

Entrée Salad of the Day:

Monday: Tuna Garden Salad
Tuesday: Buffalo Chicken Salad
Wednesday: Chef Salad
Thursday: Chicken Caesar Salad
Friday: Spinach Salad

"Lunch Kit" of the Day:

Monday - Bagel Kit:
Whole Wheat Bagel w/ Cream Cheese,
Low Fat Yogurt, & a Cheese Stick
Tuesday & Thursday - Pizza Kit:
Whole Grain Flatbread, Turkey Pepperoni,
Mozzarella Cheese & Pizza Sauce
Wednesday - Buffalo Chicken Kit:
Buffalo Chicken Dip, Baked Tostito Scoops
& Veggie Sticks

NEW for 2018-19!

Friday - Yogurt Parfait w/ Nut Free
Granola, a Cheese Stick, & Whole Grain
Pretzels
Everyday — (Vegan, Gluten Free, Nut Free)
Taco Dip Kit:
Sabra Taco Hummus w/ Reduced Fat
Fritos, Honey Roasted Sunflower Seeds,
and Veggie Sticks

"SIDE KICKS"

Do you have a picky eater? Does your child want to use a new lunch box? Your student can still participate in our FREE lunch program! Let us compliment your home lunch with Veggie Sticks & Dip, Fruit, and a Milk.
(must take all 3 items)

September 2018


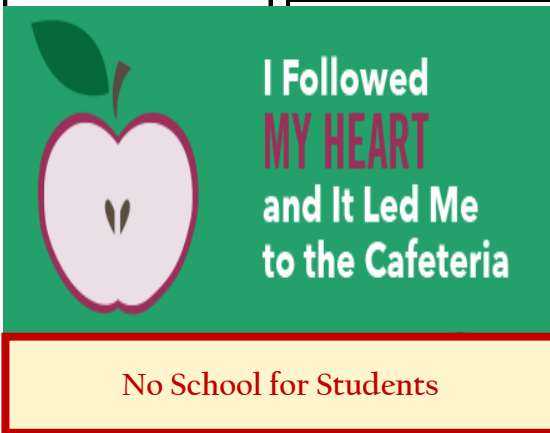

Newburgh Enlarged City School District K-8 Menu

Welcome Back from your School Nutrition Team!

Breakfast and Lunch are available daily to ALL students for FREE!

USDA is an equal opportunity employer & provider



Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
			Breakfast: Whole Grain Bagel w/ Cream Cheese 100% Juice/Fresh Fruit Milk Lunch: Breaded Chicken Drumstick Whole Grain Mini Biscuit Corn on the Cob Fresh Watermelon Slices Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Whole Grain Banana Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Homemade Cheese Pizza Fresh Broccoli Salad Chilled Peaches Fresh Fruit & Veggie Bar Choice of Milk
LABOR DAY No School for Students				
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
No School Today	No School Today	Breakfast: Cinnamon UBR 100% Juice/Fresh Fruit Milk Lunch: Beef Cheeseburger on a Whole Wheat Bun Baked Confetti Fries Fresh Cole Slaw Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Sausage & Pancake on a Stick 100% Juice/Fresh Fruit Milk Lunch: Crunchy Chicken Tacos w/ Assorted Toppings Steamed Brown Rice Black Bean & Corn Salad Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: NEW! Whole Grain Harvest Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Homemade Cheese Pizza Fresh Tomato Cucumber Salad Chilled Applesauce Fresh Fruit & Veggie Bar Choice of Milk
<div> <div>  <p>We are Hiring!! A job in your child's school cafeteria allows you to be at home when your family needs you there. Call for more information. 563-3424</p> </div> </div>				



Produce of the MONTH Bell Peppers

Red bell peppers are simply mature green peppers. The yellow and orange peppers are a different, sweeter variety.

Bell peppers are an excellent source of Vitamin A and C and a good source of Vitamin E and Vitamin B6.

Red bell peppers are also full of phytochemicals and carotenoids, like beta-carotene, that have antioxidant and anti-inflammatory benefits.

The capsaicin in bell peppers can reduce 'bad' cholesterol, control diabetes, bring relief from pain and ease inflammation

Monday, September 17

Breakfast:

NEW! Strawberry Crisp
Zee Zees Mini Bar
Lowfat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:

All White Meat Boneless
Chicken Wings
Whole Wheat Dinner Roll
Whipped Sweet Potatoes
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, September 18

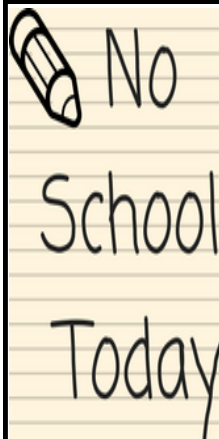
Breakfast:

Whole Grain Cinnamon
French Toast Sticks
100% Juice/Fresh Fruit
Milk

Lunch:

Teriyaki Chicken &
Broccoli
Veggie Egg Roll
Steamed Brown Rice
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, September 19



Thursday, September 20

Breakfast:

Whole Grain Mini Waffles
100% Juice/Fresh Fruit
Milk

Lunch:

Beef or Black Bean
Nachos w/ Assorted
Toppings
Steamed Brown Rice
Golden Corn
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, September 21

Breakfast:

Whole Grain Blueberry
Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Cheese Pizza
Fresh Spinach Salad
Apple Crisp
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, September 24

Breakfast:

NEW! Cinnamon Crisp
Zee Zees Mini Bar
Lowfat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:

Chicken Mashed Potato
Bowl
Whole Grain Mini Biscuit
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, September 25

Breakfast:

Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Golden Baked Fish
Nuggets
Whole Wheat Dinner Roll
Baked Sweet Potato Fries
Steamed Broccoli
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, September 26

Breakfast:

NEW! Whole Grain
Confetti Mini Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Pepperoni &
Cheese French Bread
Pizza
Garlic Parmesan Zucchini
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, September 27

Breakfast:

Egg & Cheese on a
Whole Wheat Roll
100% Juice/Fresh Fruit
Milk

Lunch:

Soft Beef Taco w/
Assorted Toppings
"Refried" Beans
Steamed Carrot Coins
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, September 28

Breakfast:

NEW! Whole Grain
Strawberry Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Cheese Pizza
Fresh Cucumber Dill
Salad
Chilled Appleauce
Fresh Fruit & Veggie Bar
Choice of Milk

Pizza Stuffed Bell Peppers

Ingredients

- 1 cup – brown rice, uncooked
- 2 medium – bell pepper, red
- 4 serving – turkey pepperoni
- 1 medium – tomato, red
- 1/4 cup – cheddar cheese, shredded
- 1 teaspoon – Italian Seasoning

Recipe adapted from
www.superhealthykids.com

Instructions

1. Cook rice as directed on package.
2. Preheat oven to 400°F.
3. Halve peppers lengthwise; remove the seeds and stems, then place cut-side up on a baking sheet.
4. Coarsely chop pepperoni and tomato. Mix with rice and stuff into the peppers.
5. Sprinkle with cheese and Italian seasoning.
6. Bake for 15-18 minutes or until peppers are softened and cheese has melted.

September 26th
is New York State
Breakfast After the Bell Day!



Enjoy breakfast in your
classroom EVERYDAY!